



UNIVERSITY OF CALIFORNIA
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Play to Move Study

The purpose of this study is to determine if children and adolescents with Down syndrome will be more motivated to participate in physical activity with an augmented-reality exercise gaming app compared to a paper handout with suggested exercises.

Participation Procedures

Physical activity 3 days per week using either an exercise gaming app or a paper handout with suggested exercises. A virtual physical assessment at the beginning and end of the study. Weekly virtual interviews about the exercises. And a post-study survey.

Compensation

Participants will receive a free one-year subscription to ARWell upon completion of the study.

Participation Criteria

We are looking for volunteers who are:

- 5-18 years old,
- have Down syndrome,
- have access to a compatible iOS tablet or Windows machine,
- and do not have a seizure disorder.

Time & Location

The entire study will last 6 weeks. All research will be conducted virtually via Zoom.

Contact Researchers to Sign-up for the Study:

Email: nulagana@ucsc.edu | crosby@ucsc.edu
or Call: (831) 459 - 1037